



Gideon Hanekom Teaches People How To Eat Clean And Regain Control Of Their Lives

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Gideon Hanekom was, in his own words, "fat, sick and a poor role model as a husband and young dad." He reached a turning point in his life, forcing him to make changes in his lifestyle. Since then, he has truly turned his life around by losing weight, improving his overall health and becoming a World Ranked Masters 60m and 100m Sprinter. He is now sharing his methods for achieving this with the world through his website on <https://rapidstrategies.clickfunnels.com/eating-clean-offer>.

"Optimal living is 100% health, and health is 80% nutrition and 20% movement," says Gideon Hanekom. "To change your life, you must change what you put into your mouth first. Without this change, your success will be short-lived."

Hanekom is uniquely positioned to deliver his advice, as he has been there himself. Having experienced the embarrassment that comes with being overweight, having experienced the various health problems that come with that and knowing the low self-confidence that many overweight people experience, he feels that his information can help people change their life, just as he changed his. His eBook is simple, but incredibly powerful and aims to help people transform their lives. Those who have tried it have been highly positive

about their experiences.

"I've been following Gideon's journey over the last three years and it's been very inspirational to see how he transformed his own life by following the strategies he teaches," says Martin Smit.

The eBook is filled with powerful tips to help people achieve what Hanekom calls 'Clean Eating'. The eBook is packed with content that includes various tips on how to achieve that, and how to truly transform an unhealthy lifestyle. Hanekom is proud that his children now no longer see him as Santa Clause, but rather as some type of Superman. He believes anyone is able to achieve the same and wants to share his knowledge.

Considering the tremendous obesity epidemic experienced in this country, and the effects this is having on our health care system and the quality of life of everyday citizens, Hanekom's teachings and this eBook come as a breath of fresh air.

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For more information about Gideon Hanekom, contact the company here: [Gideon Hanekom](http://gideonhanekom.com/)
Gideon Hanekom 0064210737682 info@gideonhanekom.com n/a

Gideon Hanekom

I work with individuals, small businesses and teams to overcome challenges and live life on their terms. My mission is to help people live with freedom and energy, and reaching their highest potential.

Website: <http://gideonhanekom.com/>

Email: info@gideonhanekom.com

Phone: 0064210737682



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